



# Lick Creek Trail #631

Stearns Ranger District • Daniel Boone National Forest • Kentucky



## Stearns District

3320 US 27 North, Whitley City, KY 42653  
606-376-5323



## Directions

At Whitley City take KY 478 west to KY 1651. Turn left (south) and follow 1651 for 1 mile before reaching Stearns Ranger Station Road (Forest Service Road 622) on your right (the first paved road past the school bus garage). The trailhead is 100 feet up Stearns Ranger Station Road. Park on the right.



## Open Dates

Trail is open all year.



## Trail Fees

None.



## Parking

At trailhead.



## Accessibility

This trail does not meet accessibility standards for persons with disabilities.



Trails are closed to motorized vehicles.



Consumption of alcohol and open containers of alcohol are prohibited.



Do not camp or build fires within 100 feet of the base of any cliff or the back of any rock shelter.



Lick Creek Trail is located on Stearns District of the Daniel Boone National Forest. The trail follows an old roadbed along a ridge for one mile before changing to a footpath. During the next 0.5-mile, the trail descends more than 300 feet in elevation. Several sets of metal stairs will be encountered. You will walk behind rock overhangs and shelters, and even cross beneath a wet season waterfall before reaching the creek after two miles along the trail. At 2.25 miles, Lick Creek Falls Trail takes off to the left. This is a 1/2-mile trail to Lick Creek Falls. If continuing on the Lick Creek Trail, be sure to watch for white diamond blazes that mark the way. It will be necessary to cross Lick Creek several times, so be prepared for the possibility of getting your feet wet. Although the creek isn't too deep, it is wide in places.

At 3.35 miles along the trail, you will reach Princess Falls. These falls are named after Princess Cornblossom, a legendary Cherokee princess. The trail ends at 3.45 miles when it connects with the Sheltoewe Trace. The Sheltoewe Trace National Recreation Trail runs north and south along the Big South Fork River here. By following the Sheltoewe southward, Yamacraw Bridge and KY 92 will be reached within 1.2 miles.

Connections: Lick Creek Falls, Sheltoewe Trace National Recreation Trail Section 33 (7 miles)

Begins:	Stearns Ranger Station Rd. 622	Difficulty:	More Difficult
Ends:	Sheltoewe Trace Section 33	Surface:	Dirt
Length:	3 miles	County:	McCreary
Quad:	Whitley City	Latitude:	36.715116
Closest Town:	Whitley City	Longitude:	-84.48116

## General Notes:

Backpacking Loop: Lick Creek Falls, Sheltoewe Trace (Section 33), Yahoo Falls, Yahoo Arch, and Negro Creek trails make a nice backpacking loop of approximately 20 miles.

If you choose to camp along these trails, please set up your campsite at least 300 feet from any road, stream or trail. No camping is allowed in rock shelters. If you camp in the Big South Fork National River and Recreation Area, you will need a backcountry camping permit. Contact the National Park Service at 606-376-3787.

Parts of the Sheltoewe Trace runs through the Big South Fork National River and Recreation Area, which is managed by the National Park Service. The USDA Forest Service manages other portions of this trail, which runs the full length of the Daniel Boone National Forest.



## You are responsible for your own safety.

All outdoor activities have inherent risks and you may encounter a variety of unexpected and/or dangerous conditions. It is your responsibility to be informed and take precautions. Learn more at [www.fs.usda.gov/r8](http://www.fs.usda.gov/r8).



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# Lick Creek Falls Trail #631A

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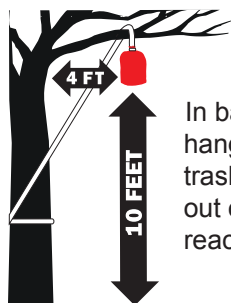


## Storing Your Food and Trash in Bear Country

Unless cooking or eating, store your food inside a hardtop vehicle, the trunk of a car or a bear-resistant container.

When camping in the backcountry hang your food at least 10 feet off the ground and four feet away from a tree.

Food and trash storage is mandatory on Daniel Boone National Forest.



In backcountry, hang food and trash from a tree, out of bear's reach.

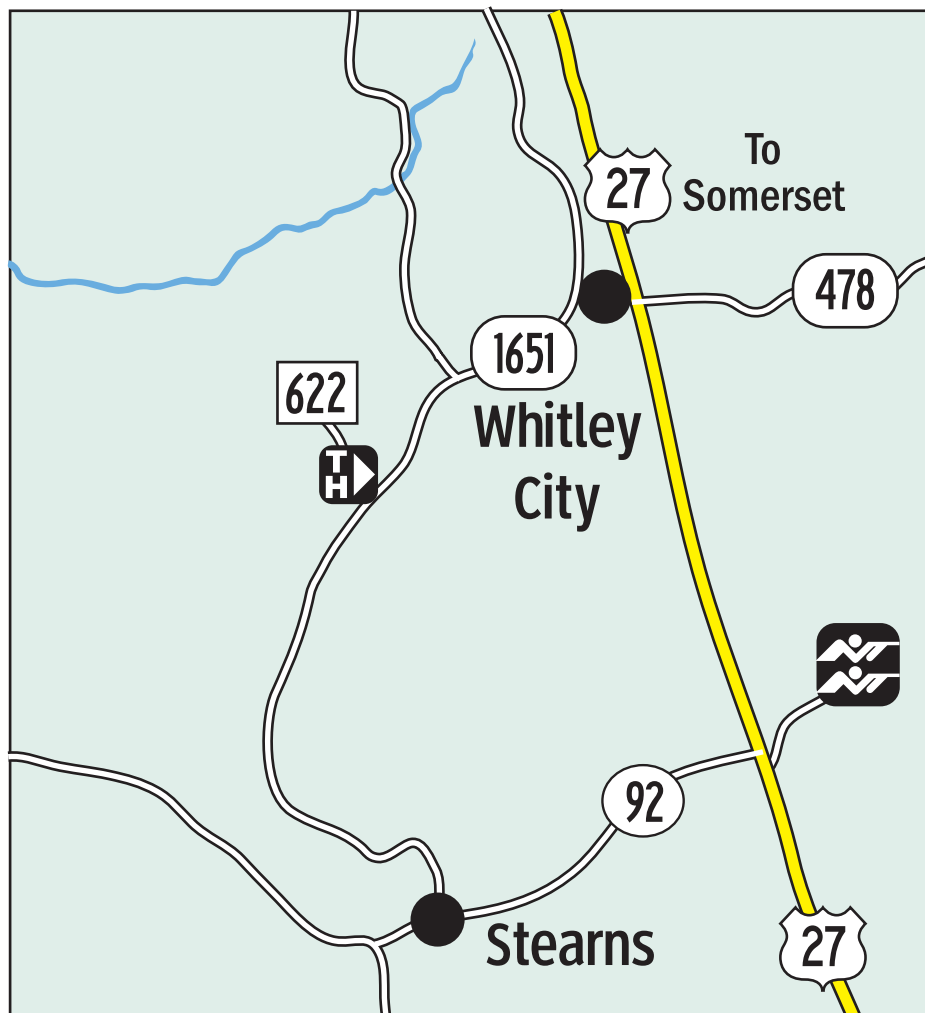
Guides like this are available at [fs.usda.gov/dbnf](http://fs.usda.gov/dbnf).  
6/9/2016



This short spur trail to Lick Creek Falls offers much to be seen. It leads to an area of large rock shelters and the beautiful Lick Creek Falls. To return to Lick Creek Falls, retrace your steps. When the trail splits, if you choose to go left to continue downstream on the Lick Creek Trail you will need to cross Lick Creek before reaching the junction with Lick Creek Trail.

Connections: Lick Creek Trail #631 (3 miles)

Begins:	Lick Creek Trail #631	Difficulty:	More Difficult
Ends:	Lick Creek Falls	Surface:	Dirt
Length:	.5 mile	County:	McCreary
Quad:	Whitley City	Latitude:	36.71518621
Closest Town:	Whitley City	Longitude:	-84.48148773



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